

Lighthouse Preschool & Daycare Potty Training Policy

When you feel your child is ready for potty training, we ask that you begin teaching at home during a weekend or vacation.

PLEASE NOTE: We will only assist your child in potty training if you have successfully begun training at home for 2 weeks prior. A full 2 weeks of successful potty training means that the child is going to the bathroom primarily unassisted. This also means that your child is saying when they have to go or simply going. If you are going to the bathroom with them, helping them get on & off the toilet, pulling down their clothes for them or if they completely undress when they go to potty, they are not yet ready to train in the center.

We will follow through and encourage your child while in care. Potty training will be done in a relaxed manner with the cooperation of the family. We require that the child be at least 2 years of age and **must also** show signs of readiness (Please read the Potty Training Readiness Checklist below). Positive reinforcements and consistency must be continued at home.

The child **must** be kept in pull-ups at all times. Please keep in mind that the activity level here at the center can distract your child from responding to an urge to use the potty, more so than at your home. Therefore, we will use pull-ups & diapers until your child can and will announce that he/she must use the bathroom and can control his/her bladder and bowels for a few minutes beyond that announcement. It is required that parents provide pull-ups and diapers (until child is ready for pull-ups only) and a few extra changes of clothing.

Proper Clothing

Do not bring your child in panties or underwear until he/she has naptime and bedtime control established. During potty training your child needs to be dressed in "User friendly" clothing as much as possible. The best items are shorts and pants with elastic waist. Please **DO NOT** dress your child in the following:

- No tight clothing
- No shirts that snag in the crotch
- No pants with snaps & zippers
- No overalls or bib type clothing
- No belts
- No one piece outfits

The clothes listed above can make it difficult for your child to reach the potty in time. Your child also needs to be able to pull his/her pants up and down and these items will hinder your child's ability to do so.

Required Supplies

The following items are to be left at the childcare and replaced as needed. Soiled clothes will be returned in a plastic bag at the end of the day.

Two (2) changes of clothing including socks (an extra pair of shoes if available) A bag of pull-ups – you will be notified when the supply is running low.

Potty Learning Schedule

During the 1st 2 weeks the child will be scheduled to use the Potty at consistent times of the day whether the child indicates the need to use the Potty or not.

- Upon arrival at the center
- Before and after breakfast
- Before and after lunch
- Before and after nap
- Before and after going outside
- Just before going home

Potty Training Readiness Checklist

Verbal Stages of Readiness

Basic verbal skills. The child is able to speak in three to four word sentences

- Stage 1 The child tells you he/she has a wet diaper, recognized when he/she is wet.
- Stage 2 The child tells you he/she is wetting, recognizes the sensation of being wet.
- Stage 3 The child tells you he/she needs to wet and can control himself and uses the potty.

Physical and Psychological sign of readiness

1. Stays dry for a long period of time (the child is able to “hold” his/her urine and bowel movement).
2. Can recognize when diaper is wet or soiled.
3. Has bowel movement at regular times (child chooses when to move its bowels)
4. Adult can recognize when child is moving his/her bowels (Child is deliberately moving bowels)
5. Can undress and pull up his/her own pants (Important because this is the work of the child not the caregiver)
6. Initiates interest in using the potty and asks to wear underwear.
7. Wants to be independent which is very important for the learning process.
8. Child is emotionally ready and is open to learning (is child generally cooperative?)
9. Child has an awareness and knowledge of the world beyond himself. (This sign may seem unrelated to Potty training, but it is a behavior that has been seen in children ready to use the Potty)
10. Can follow three and four step instructions (this is critical for learning to urinate or move bowels, wipe himself and wash hands)
11. Can use consistent words or gestures to communicate.
12. Is able to physically get to the potty and sit on it without help.
13. Must show a willingness to want to sit on the potty and understand its function.

Potty Training Policy Agreement

I have read the Potty Training Policy in its entirety and I agree to abide by the policy set forth.

Childs Name	
Parent/Guarding Signature	Date
Parent/Guarding Signature	Date

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